

## **MTSNA 2012 Pre-Conference Class Descriptions**

**1. 9 Hour- ServSafe**

The standard ServSafe course all managers are required to have for their HACCP plans. A National Restaurant Association (NRA) course, this is good food safety training for anyone in the kitchen who handles food regularly. Needs to be renewed every 5 years.

**Presenter:** Mike Callaghan sponsored by Food Service of America

**Registration deadline is May 25, 2012**

**2. 8 Hour- Nutrition 101**

Provides a basic overview of nutrition concepts.

**Presented by** National Food Service Management Institute

**3. 4 Hour AM –Kitchen Safety 101**

Please come and join Steve and Annette as they walk you through kitchen safety 101. We all work hard but we also need to work safely. As the Risk Mangers (safety geeks) for the MSGIA-WCRRP program (which covers the workers compensation for the majority of the Montana Public Schools), they spend many hours in the school kitchens and know first-hand how hectic and, at times, how dangerous the kitchens can be. They have decided to cover the most frequent injuries seen in this environment to help prevent those injuries from occurring and to keep the staff safe. Based on those statistics, they have decided on the following topics: Preventing bodily motion injuries (lifting, twisting, pushing/pulling, reaching and carrying); Preventing slips and falls; Ergonomics and Repetitive Motion Injuries; Preventing Cuts and Burns. They promise to keep the training entertaining and are open to class questions, conversations, and discussing “real-life” examples posed by the participants. We have also heard rumors that they will explain ways to literally dance through the work day!

**4. 4 hour AM- Strong Women-** A Montana Extension Service class designed to help women strengthen their bodies to help them live more satisfying and productive lives. Wear loose fitting comfortable clothing.

**5. 4 Hour AM - The Basics for a New School Nutrition Manager/Director**

Looking for tips, advice and training on how to operate a successful school nutrition program? During this four-hour training, Office of Public Instruction and School Nutrition Program staff will cover meal pattern requirements, production records, offer versus serve, standardized recipes, cycle menus and more. This is an essential training for new managers and a great refresher to help make your next state review a snap.

**Presenters:** Theresa Motlas and Emily Dunklee, School Nutrition Program Specialists from the Office of Public Instruction

**6. 4 Hour AM – Serving up Montana Foods to Promote Your Program and Motivate Kids to Eat Better**

Have you heard of farm to school but are not sure what your role is in this new strategy to help children to eat better. This session will explore this topic and review the process of purchasing more Montana or regional foods for your breakfast, lunch or fruit and vegetable snack program. Topics like procurement, menu planning, service and food safety will be discussed by Montana foodservice professionals and Montana FoodCorps volunteers. Learn from them about the benefits you reap by purchasing more local foods (while still utilizing USDA foods) while at the same time helping children expand their food choices especially with fruits and vegetables.

**Presenters:** Montana’s own Food Service Managers, Montana FoodCorps Volunteers and a staff member from Montana Team Nutrition Program

**Class Size Limit:** 40 participants

7. **Four Hour AM Class- Off Site**

**Boost Your Student's Nutrition with Whole Grain: Let's Get Baking!**

This workshop is designed for cooks or bakers interested in learning tips on how to scratch bake with whole grains for lunch and breakfast menus. Baking techniques along with tips for adjusting current recipes to include whole grains to meet the USDA requirements will be covered. This class will review the nutrition facts, basic preparation techniques and ideas for incorporating a variety of whole grains into your baked goods friendly delicious and nutritious items.

**What to bring:** Recipes you want to adjust to include more whole grains and your ideas and information from your experiences about baking with or without whole grains!

**Class Limit:** 20 This class is being sponsored by Montana Team Nutrition Program

**Presenters:** Montana School Food Service Peer Educators and a staff member from Montana Team Nutrition Program

8. **4 Hour PM Class-repeat- The Basics for a New School Nutrition Manager/Director**

9. **4 Hour PM- The School Hazard Analysis Critical Control Point (HACCP) Food Safety Plan**

This workshop is designed for managers and school food service staff involved in developing their School's HACCP plan. It will review basic steps to developing a School HACCP plan to meet the USDA regulations and ensure proper food handling practices are followed throughout your food service program. This workshop has been condensed to 4 hours. This workshop is most useful for managers who are just starting their HACCP plan. Individual assistance will be available. A one hour session during the regular conference will cover specific information on HACCP plans for Farm to School/local food products, answer individual questions on School HACCP and provide individual assistance.

**What to Bring:** A 3-ring binder, a copy of 5-10 school recipes, one month's menu and your School HACCP plan if you already have one

**Class Limit:** 40 This class is being sponsored by Montana Team Nutrition Program

**Presenters:** Molly Stenberg and a local sanitarian with input by one of our own Montana School Nutrition managers

10. **Four Hour PM Class- Off Site-Fruit and Veggies Galore**

**Build a Rainbow on Student Trays and Meet the New Fruit and Vegetable USDA Requirement**

One of the biggest challenges for meeting the new USDA school lunch requirements next year may be in the fruit and vegetables components. This session will review these components in detail and explore creative menu planning, procurement strategies and service ideas. Learn from your peers how to serve up a rainbow on student trays by offering a variety of fruits and vegetables that are available in season or by utilizing USDA foods. Meal pattern requirements and portion control techniques will also be reviewed.

**CLASS LIMIT: 20** In order to accommodate more school districts, registration will be limited to one person from each school district. This class is being sponsored by Montana Team Nutrition Program.

**Presenters:** Montana Food Service Peer Educators and a staff member from the Montana Team Nutrition Program.

11. **4 Hour PM-ServSafe**

The standard ServSafe course recommended for all people working in the kitchen. It is also a NRA course that needs to be renewed every 5 years.

12. **4 hour PM- Getting Food Into Kids...**secrets for increasing participation and decreasing waste. This class being sponsored by Western Dairy Council.

**Presenter:** Dayle Hayes MS, RD